

## 'Start Talking Alabama' Focuses on Increasing HIV Awareness Among Young Men

The social media video series "Start Talking Alabama" seeks to increase HIV awareness and decrease stigma by sharing prevention, testing and treatment information, and support among young men of color.

In Alabama, adolescents and young adults aged 15-29 years are twice as likely to be infected with HIV as the average Alabama resident. Trends over the previous decade show an alarming increase in the number of HIV infections among African American males in this age group reporting sex with another male.

Sex with another male is the predominant risk factor reported among newly diagnosed infections in the 15-to-29-year-old age group.

"We hope to decrease the numbers of infections among young men. We know that young men can be turned off by 'preachy' methods," Brenda Cummings, director of Communication and Training, Division of HIV Prevention and Care, said. "We wanted to keep the content tasteful, but in a way our audience would listen."

"Start Talking Alabama" was the brainchild of the Division of HIV/AIDS Prevention and Care. Staff members thought it would be effective to communicate in an open, more relaxed way, so they contacted the department's social marketers for assistance. It became a team effort that also involved participation with the Distance Learning and Telehealth Division staff. Public health administration also had to approve, and did so.

"We first reached out to the targeted community and asked to partner with them. Social media analytics followed," she said. It is believed that a major reason young men of color are reluctant to discuss HIV is the related stigma.

A recent graduate of the University of Alabama at Birmingham, host Ty Williams, was selected to be the "face host" for the series. It was later determined that all three young men of color who auditioned would

participate in the talk sessions. In his host duties, Williams stresses the message that the Centers for Disease Control and Prevention (CDC) emphasizes—preparation, prevention, testing and condom distribution.

Video footage for "Start Talking Alabama" has been shot in bars, clinics and the department studio. It has featured such subjects as the following:

- Interviews with longtime survivors
- An intimate look into what holidays mean to the host
- Race and gender bias
- Dating, stigma and love

Important discussions also center on PrEP and PEP and educating the target audience with the crucial message that a person still has HIV if he or she has an undetectable viral load. Live Twitter chats follow the release of new episodes.

PrEP (pre-exposure prophylaxis) is only for people who are at an ongoing very high risk of HIV infection. PEP (post-exposure prophylaxis) is an option for a person who thinks he or she has recently been exposed to HIV during sex or through sharing needles. PEP is effective in preventing HIV after a possible recent exposure, within 72 hours. It is not 100 percent effective.

"Start Talking Alabama" has created a presence on social media utilizing Facebook, Instagram, Twitter and YouTube. Roadside billboards have generated plenty of attention and requests for information as well. Free HIV testing locations are promoted.

The campaign has been recognized by the CDC, and in the near future the department will be blending its campaigns with the CDC's "Start Talking. Stop HIV Campaign."

"We're glad our visibility is growing," Cummings said. We know that young men will learn something if they just 'Start Talking.'"



# Public Health Accreditation Board (PHAB) Document Review Panel Recognized

The Alabama Department of Public Health (ADPH) Document Review Panel works to identify any weaknesses or deficiencies in documents to ensure they satisfy PHAB standards and measures. The panel started its vetting of documents in 2014 and has reviewed and approved 363 “best” examples of how ADPH met PHAB’s standards and measures.

Accreditation Coordinator Carrie Allison complimented the team for the hard work and many work hours they spent in review, in addition to carrying out their regular work responsibilities. She commented, “They worked tirelessly to provide honest and thorough feedback to those who researched and prepared the documentation.”

The stated goal of the accreditation process is to help lay the foundation for defining and strengthening the role of public health in a changing health care system. Accreditation provides a means for a health department to identify performance improvement opportunities, improve management, develop leadership, and improve relationships with the community.

The PHAB Site Visit is scheduled for April 11-12, 2017, in Montgomery.



**Leads and members shown, front row, left to right, are Phyllis Mardis, April Mullins, Accreditation Coordinator Carrie Allison. Second row, Sherry Bradley, Chief of Staff Michele Jones, Rachel Parrish, Janice Cook, Teela Sanders and Valerie Cochran.**

## Alabama Department of Public Health

**Mission**  
To promote, protect, and improve the health of individuals and communities in Alabama.

**Vision Statement**  
The Alabama Department of Public Health will lead the state in assuring the health of Alabamians by promoting healthy, safe, prepared, and informed communities.

**Value Statement**  
The Alabama Department of Public Health believes that all people have a right to be healthy. Our core values are the provision of high-quality services, a competent and professional workforce, and delivering compassionate care.



**State Health Officer Dr. Tom Miller addresses “The Opioid Crisis in Alabama: From Silos to Solutions.” Nationally recognized speakers shared successes and best practices to help craft components of a strategic plan for Alabama at the summit held March 10 in Prattville. Testimonies by families and victims of this crisis were met with standing ovations.**

## Alabama’s Health

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**Thomas M. Miller, M.D.** ..... State Health Officer  
**Jamey Durham, M.B.A.** ..... Director, Bureau of Health Promotion and Chronic Disease  
**Arrol Sheehan, M.A.** ..... Editor  
**Takenya S. Taylor, J.D.** ..... Contributing Editor  
**Noelle Ahmann** ..... Graphic Designer

## Susan Wiggins Honored with James H. Baker Exemplar Award

Unusual tuberculosis (TB) cases that are far from the standard protocol—these are among the types of difficult cases and variety of patients that Susan Wiggins works with in her position as TB program manager for Public Health Area 10. As a result of her quest to overcome some obstacles, Ms. Wiggins' work often takes her to see patients at a variety of locations, including nightclubs.

Supporters describe Ms. Wiggins as a dedicated team member with unique skills and one who succeeds in coming up with solutions. One person wrote, "Susan has definitely shown perseverance over the past year when dealing with many of her patients. She has counseled them, corrected them, scolded them, searched for them, laughed and cried with them, and loved them. Although they may not always take her advice or suggestions, Susan's patients actually look to her for approval."

For her work, Ms. Wiggins was named the recipient of the 2017 James H. Baker Exemplar Award. This award is presented annually to a Division of TB Control staff member who best represents the standard of professional excellence and dedication to public health set by Baker, a retired X-ray technician in the division who served for 40 years. The intent of the award is to foster excellence in public health by the annual nomination and selection of a TB control staff member who best reflects the "can do" attitude for which Baker is known.

In addition to her effectiveness with patients, nominators praised her value to her coworkers. "Susan is an excellent source for nursing practice and protocol interpretation. She is valued and respected



**Pictured, left to right, at an awards presentation March 17 are Pam Barrett, State TB director; Jim Baker; Susan Wiggins; Dr. Elizabeth Turnipseed, new Chair of the TB Medical Advisory Council; and Dr. William Bailey, former chairman.**

highly by her team and administration. You won't find a more honest, diligent, humorous and overall 'good person' than Susan Wiggins."

Upon receiving the recognition, Ms. Wiggins said, "I am honored and humbled to have been nominated and to receive this award. This past year has held many challenges and my successes are not mine alone, but as a result of a wonderful team effort. I am very grateful for my coworkers local and statewide."

Former State Health Officer Dr. Donald Williamson established the James H. Baker Exemplar Award in 2004. Baker continues to be involved in the nomination and selection process and was on hand to present the award.

## Wear Red Day® Increases Awareness of Heart Disease

According to the Centers for Disease Control and Prevention (CDC), one out of every four female deaths in 2013 was due to cardiovascular disease, yet only 54 percent of women recognize that heart disease is the leading cause of death among them.

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**Showing support for the Go Red initiative at the news conference February 3 are the following: left to right, first row, Sondra Reese, Dr. Debra Hodges, Maegan Ford, Toni Nettles, Jennifer Hulvey, Debra Griffin; second row, Elizabeth Williams of Baptist Health in Montgomery, State Health Officer Dr. Tom Miller, Brandi Pouncey, Britney Garner of the American Heart Association.**



# Mobile County Health Department Wraps Up Birthday Celebration with Burial of Time Capsule

The Mobile County Health Department's bicentennial celebration concluded with the burial of a time capsule. The collection of memories is scheduled to be opened at the start of the agency's 250th birthday.

The time capsule was positioned at the historic Keeler Compound in the courtyard facing North Jefferson Street. Among those speaking during the ceremony were Dr. Bernard H. Eichold II, Health Officer for Mobile County; Jerry Carl, District 3 Commissioner for Mobile County; and Kelly Warren, Director of MCHD's Prevention & Wellness Division and the organizer for the bicentennial activities.

Also taking part was The 74 Club, a Mobile-based group that promotes different charity events in and around the community. Members of the organization provided a small backhoe last week to dig the hole, and then returned to use ropes that lowered the time capsule into the resting place.

The highlight of the day came after Dr. Eichold and other dignitaries used ceremonial shovels to put the first mounds of dirt into the hole. When Dr. Eichold asked if anyone else would like to help, dozens of staff members stepped up to be a part of the event.

Among the items that were placed into the time capsule were Public Health Laws of Alabama, a list of 200th anniversary events, one of the MCHD bicentennial flags, photos and documents from our past, Dr. Eichold's old BlackBerry and charger, employee identification badges, tools used by the current staff in their daily jobs, and grant applications that covered the many aspects of the health department.

The following are the remarks provided by Dr. Eichold at the event:

"Today marks the final observance of the 200th anniversary of the Mobile County Health Department. The celebration began on January 25, 2016, with the presentation of our bicentennial flag here at the Keeler Compound.

"During the last 12 months, we have hosted many events to mark the two centuries of protecting the health of our Mobile County's residents. We had lectures detailing the history of medical care in our community, and we rededicated the historical marker for Toulminville native Major General William C. Gorgas.



**Mobile County Health Department employees got a chance to participate in the event by grabbing a shovel and throwing dirt to cover the time capsule.**

"While we spent much of the year reviewing our past, we have continued to be concerned with our future. We had a groundbreaking ceremony for our new health center in Eight Mile. We also merged Dr. Garver's dental practice with our Citronelle Health Center, and have renovated the offices.

"The year 2016 will also be remembered for many things. We were the first county on the northern Gulf Coast to have travel-associated Zika cases, while a handful of residents were diagnosed with West Nile virus. Our outstanding Vector Control team expertly managed both situations.

"MCHD declared war on physical inactivity during 2016. In an effort to encourage people to get out and exercise, a circa-1900 Lyle Line-Throwing Cannon was purchased to be used as a starting gun for athletic events. A group of employees volunteered to form the MCHD Cannon Team, with the goal to safely operate the device in crowds. The venture was a booming success and has continued into 2017.

"But let us get back to today and our time capsule. It is a composite cylinder built by Heritage Time Capsules. The capsule, which displays our bicentennial logo on its side, is 31 inches high and 16 inches in diameter. This provides for 3.7 cubic feet of storage.

"We have collected items that we hope will prove interesting to those who open it in 50 years. Some of the items collected are the bicentennial flag we first hoisted a year ago, a copy of the Public Health Laws of Alabama, a collection of our Culture employee newsletter and past issues of our Annual Report.

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# Motivational Moments

## Happiness Factor in Customer Service

Have you ever watched the interactions of people working when they are providing customer service? Those with whom you receive poor customer service are usually standing alone, not smiling, looking perturbed, every move seems to be an imposition and they keep a monotone voice without emotion. Chick-fil-A is known for its customer service even when going through the drive-through on a crowded day. Employees at the window laugh and smile with one another; greet the customers; show emotion in their interactions; and are demonstrative with their movement to serve you.

Knowledge, commitment and effectiveness are the qualities you might expect to define good customer service. After 34 years of studying organizations, I believe that a culture of happiness leads to the best customer service. Happy employees generate happy customers.

Yet many work environments are dull and frustrating for employees. Employee engagement suffers. How can you gauge the health or quality of your work culture? Observe how leaders and employees interact with each other for a few days. If employees gossip, bend the rules to benefit themselves, withhold information that could help others--or worse, most employees are not going to be happy. If leaders in your division discount or demean others or others' ideas, spend more time and energy finding fault than praising, don't delegate authority and responsibility to talented, engaged employees--or worse, most employees are not going to be happy.

When employees are happy, productivity goes up. A 2014 study by the University of Warwick found that happy employees out produce unhappy employees by 12 percent. When employees are happy, customer service goes up. Organizations that employ the practices of customer service covered in the Customer Service Initiative offered by the Alabama Department of Public Health (ADPH) could see customer service rise by even 40 percent. Employee happiness is within reach. It demands that leaders be intentional about the health and quality of their team or division's work environment.

Does it all ride only on the leaders and supervisors? Not at all. Employees need to choose happiness – meaning each day. Employees can even use particular phrases to demonstrate happiness to customers, such as the following:

- “I’d be happy to help you with this.”
- “Please allow me the opportunity to resolve this for you.”
- “Great question, I’ll find that out for you.”
- “I can definitely resolve this problem for you.”
- “I really do want to take care of this for you.”
- “Is there anything else I can help you with?”
- “I assure you, I will have this resolved in no time.”

Customer service is our job as state employees. We serve at the pleasure of the citizens. If you take time to think about the customer's experience and what it is to be one of your own customers, ADPH will be known for great customer service!

*By Sharleen Smith, Director of Professional Development, Troy University Continuing Education*

## **Wear Red Day, continued from page 3**

almost two-thirds of women who die suddenly of heart disease had no previous symptoms.

Cardiovascular disease is the leading cause of death both in Alabama and the country at large. In 2014, more than 12,400 Alabamians died because of heart disease. According to data from 2015, more than 40 percent of Alabamians suffer from hypertension, or high blood pressure.

Heart disease is not only a growing health concern, it also greatly impacts the economy. According to a study conducted by Cornell University, the combined direct and indirect cost of cardiovascular disease in the United States was estimated to be \$444 billion in 2010. The CDC stated that cardiovascular disease accounted for \$1 out of every \$6 spent on healthcare during that year.

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# Workplace Violence

The Alabama Department of Public Health promotes a work environment free from workplace violence.

## **What is Workplace Violence?**

Workplace violence is more than physical violence, such as shootings and assaults; it also includes incidents of psychological distress, such as intimidation, bullying and harassment.

**Workplace violence includes, but is not limited to:**

### **Physical assaults**

- Beatings
- Stabbings
- Suicides and near suicide
- Shootings
- Rapes

### **Psychological traumas**

- Verbal or written threats
- Obscene phone calls
- Cyber harassment (abuse, pestering or stalking over the Internet)
- An intimidating presence
- Harassment/Bullying of any nature

Workplace violence can affect or involve employees, employers, visitors, contractors, clients or customers.

## **Ways EMPLOYERS can prevent workplace violence:**

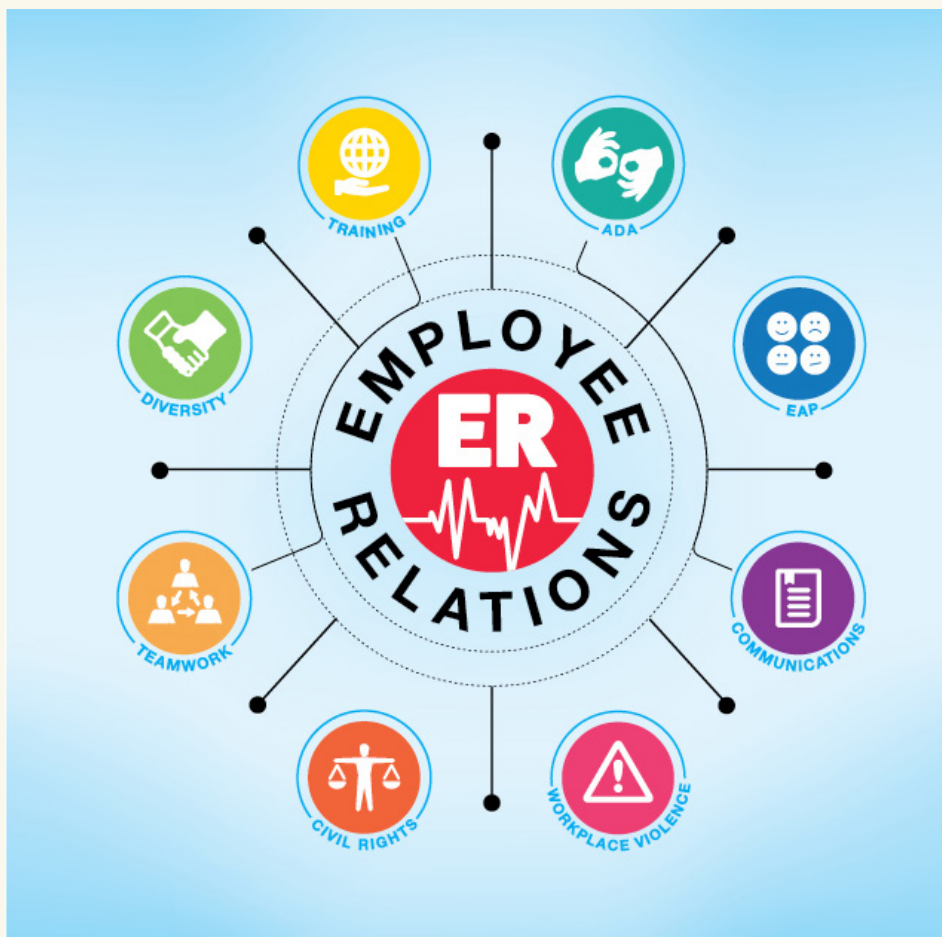
- ADPH Workplace Threats & Violence Policy (Policy ID # 2008-002)
- Professional Conduct Policy (Policy ID# 2006-23), Section III
- Promote 'zero-tolerance'.
- Ongoing training
- Do not allow conflicts to escalate into harassment or acts of violence.
- Set up effective lines of communication.
- Encourage the acceptance of individual differences.

## **Ways EMPLOYEES can report workplace violence:**

- Report to management what you see in the workplace that could indicate a coworker is having difficulties.
- Document what happened to include times, dates and locations.
- Contact Employee Relations at 334-206-9494 or visit the ADPH Internal Human Resources website and click-on "Anonymous Complaints" for more information.

If an employee is the victim of partner violence, s/he is encouraged to share this information with their supervisor, manager, or the Employee Relations Officer, Danita Rose, for guidance in getting needed assistance. Employees will not be penalized for seeking help for themselves, their families, or co-workers. The information will be kept as confidential as possible, but workplace safety will take priority.

Employees are encouraged to use the department's Employee Assistance Program (EAP), which is a confidential service to be used for guidance in coping with life's difficulties.



# Public Health Social Workers Honored with Statewide Awards

**K**elly Clark of the Etowah County Health Department and Dianne Mangum of the Autauga County Health Department were selected as Public Health Social Workers of the Year for 2017. Awarded the honor of Social Work Manager of the Year was Deborah Leigh Dixon of the Clarke County Health Department. The three recipients were recognized March 15 at the Public Health Social Work Celebration and Training held in Montgomery during National Social Work Month.

Nominators for the Public Health Social Worker of the Year award said Ms. Clark “has a gift of service,” and described her as “the blueprint for what the modern social worker should be.” Her deep passion for helping and educating the public is illustrated by her teaching of parenting classes for nearly 1,000 parents for Mental Health America. Beloved by patients and staff alike, they praised her “impeccable rapport” and “competent confidence that establishes trust.”

Ms. Mangum was acknowledged for her “positive spirit, strong work ethic, and beautiful smile” and for being “a team player who recognizes our strengths are greater when we work together.” She serves on the Children’s Policy Council in Autauga County and works with other disciplines to educate young schoolchildren on diet and health. Coworkers praised her for putting the needs of the patients first and her “ability to think through issues presented and offer constructive, valuable feedback.”

Ms. Dixon was commended for her “sincere compassion” and “genuine heart to help meet the needs of others.” Nominators wrote that she has “an optimistic attitude in spite of challenges,” and “exceeds all expectations when performing her duties.” An active church member, she is a mentor for young girls, president of the Junior Women’s Club, and assists directly with the Distinguished Young Woman of the Year Program. She also serves on the Friends of the Library Committee for the Washington County Public Library, which aids in funding literacy programs for adolescents, and contributes to the Washington Baptist Association to assist with purchasing food and paying utility bills for those in need.

Public health social workers provide intervention services to help clients discover ways of meeting their needs and preventing future problems. Clients they serve may be children, families, elderly persons, and persons with functional and access needs.



**Renae Carpenter, state social work director; Kelly Clark, Public Health Social Worker of the Year; Stephanie Weathers, social work manager, areas 5 and 6; and Martha Medders, social work director, areas 5 and 6, are shown.**



**Shown, left to right, Renae Carpenter, state social work director; Dianne Mangum, Public Health Social Worker of the Year; Allyson Hobbs, social work manager; Kimberly Edwards, social work director, area 8.**



**Suzanne Terrell, area 9 social work director; Deborah Leigh Dixon, Social Work Manager of the Year; and Renae Carpenter, state social work director, are pictured left to right.**

## Retirees

The following departmental employees have retired recently:

### January

**Rachel Beck**

Baldwin County Health Department

**Karen Butler**

Public Health Area 2

**Margaret Chandler**

Dallas County Health Department

**Tracey England**

Tuberculosis Control

**Felicia Flannigan**

Public Health Area 2

**Debra Foster**

Health Provider Standards

**Glenda Harris**

Home and Community Services

**Mary Homan**

Lamar County Health Department

**Hattie Jackson**

Center for Health Statistics

**Mark Jackson**

Emergency Medical Services

**Thomas Jensen**

Public Health Area 2

**Sally Palmer**

Health Promotion and

Chronic Disease

**Ronald Sanders**

Environmental Services

**Shirley Scofield**

Covington County Health

Department

**Willie Smith**

Greene County Health Department

**Cathy Ward**

Pike County Health Department

**Grover Wedgeworth**

Financial Operations

### February

**Quieentest Bennett**

Dallas County Health Department

**Sheila Cook**

Shelby County Health Department

**Sanquetta Foster**

Macon Health Department

**Bernadette Harville**

Health Provider Standards

**Barbara Hasberry**

Dallas County Health Department

**Carrie Jackson**

Perry County Health Department

**Barbara Judkins**

Talladega County Health Department

**Jane King**

Wilcox County Health Department

**Shirley Offutt**

Communicable Disease

**Aquillia Pendleton**

Children's Health Insurance

Program

**David Sherrod**

Clinical Laboratories

**Patrick Thomas**

Tuscaloosa County Health Department

**Albert White, M.D.**

Public Health Area 3



**Colleagues in the Bureau of Financial Services honored Deborah Dambach for her 32 years of state service with a retirement reception December 6 in Montgomery. She is shown with her husband Dean.**



**Jim McVay, Dr.P.A., director of the Bureau of Health Promotion and Chronic Disease, concluded nearly 42 years of state service effective January 1. He is shown with Chief of Staff Michele Jones at a retirement celebration for family, friends and colleagues, past and present, hosted by his coworkers.**



**Angie Garnett, Autauga County Health Department office manager, shown seated, retired effective January 1. Coworkers honored the 26-year employee with a luncheon December 1.**



**Public Health Areas 5 and 6 honored Lem Burrell with a retirement celebration on March 24. Of the 40 years of his public health career, 30 have been as environmental director. Staff, family and friends attended the celebration. Shown, left to right, are Mary Gomillion, Area 5 Administrator; Burrell; and Mark Johnson, Acting Area 6 Administrator.**

## Breastfeeding Peer Counselors Help Overcome Patients' Challenges

**B**reastfeeding peer counselors provide breastfeeding information and support to Alabama WIC pregnant and breastfeeding women.

Peer counselors provide education and guidance to encourage women to breastfeed and to meet their breastfeeding goals. Also, peer counselors help mothers overcome breastfeeding challenges including lack of knowledge, lactation problems, and returning to work.

Amy Hicks and Kayla Cummings are peer counselors at the Walker County Health Department. They have used their creative talents to educate and encourage breastfeeding through the use of educational bulletin boards in the clinic.

If you would like more information on breastfeeding, please contact Michell Grainger at (334) 209-2921 or [Michell.Grainger@adph.state.al.us](mailto:Michell.Grainger@adph.state.al.us).

## Outstanding Performers Recognized

**W**orking long hours, assisting Public Health Accreditation Board domain leads, scrutinizing documents, loading and reloading submissions, and devotion to her work goals and objectives. That's what **Carrie Allison** has accomplished in wearing two hats as accreditation coordinator and PHHS Block Grant coordinator with the Office of Management Support, Bureau of Professional and Support Services. For her efforts, she was awarded the inaugural quarterly Star trophy by Jamey Durham, director of the Bureau of Professional and Support Services, at a staff meeting March 3.

Also recognized for going above and beyond the expected and for his leadership was **Bob Hinds**, director of the Behavioral Health Division, Bureau of Health Promotion and Chronic Disease. Durham presented Hinds with the initial quarterly Directors Award.

Among other achievements, Hinds was honored for his success in "digging in" with PHAB standards and bringing teams together, including work with E-verification.



**Jamey Durham, director of the bureaus of Health Promotion and Chronic Disease and Professional and Support Services, presents quarterly awards to Carrie Allison and Bob Hinds.**



**The National Association of State EMS Officials presented a commendation to Dr. Elwin Crawford, medical director of the Office of Emergency Medical Services, at its annual meeting in New Orleans March 9.**



**Jackie Martin and Spring Tate of the Alabama Department of Environmental Management celebrate their weight loss through Scale Back Alabama 2017.**

## Commendations

If you would like to praise employees for their accomplishments, send letters of commendation to the State Health Officer or the employee's supervisor and a copy by e-mail to [Arrol.Sheehan@adph.state.al.us](mailto:Arrol.Sheehan@adph.state.al.us) for inclusion in this list. Four items are needed: the employee's name, work unit, name of the person making the commendation, and his or her city and state.

### **Meredith Adams**

Family Health Services

### **Tammye Brammer**

Morgan County Health Department

### **Dianne Chandler**

Family Health Services

### **Melissa Godwin**

Family Health Services

### **William Kennedy**

Division of Social Work

### **Meg May**

Houston County Health

Department

### **Elana Parker Merriweather**

Center for Emergency

Preparedness

### **Demetra Peoples**

Children's Health Insurance

Program

### **Suzanne Terrell**

Public Health Area 9

from Renae Carpenter, LICSW, PIP

Montgomery, Ala.

### **Baldwin County**

Environmental Staff

Bureau of Information

Technology Staff

Escambia County

Environmental Staff

Public Health Area 9 Staff

from Chad Kent

Brewton, Ala.

### **Nancy Bishop, R.Ph.**

### **Debra Robbins**

Professional and Support Services

from Darlene Traffanstedt, M.D.

Birmingham, Ala.

### **Karl Bryant**

Health Promotion and Chronic  
Disease

from Darlene Traffanstedt, M.D.

Birmingham, Ala.

### **Rob Boyles**

### **Chuck Lail**

Primary Care and Rural Health

from Amelia Woffard

Gadsden, AL

### **Kathie Cleckler**

Center for Health Statistics

from Marlene Barnett

Tuscaloosa, Ala.

from Holly Cecil

Toney, Ala.

from Jodie Smith

Bay Minette, Ala.

### **Distance Learning and**

### **Telehealth Division**

from Darlene Traffanstedt, M.D.

Birmingham, Ala.

### **Jamey Durham**

Health Promotion and Chronic  
Disease/Professional and Support  
Services

from Darlene Traffanstedt, M.D.

Birmingham, Ala.

### **Jackie Esty**

Center for Health Statistics

from Charles Hardy

Prichard, Ala.

### **Casandra Henderson**

Center for Health Statistics

from Charlotte Mixon

Olympia, Wash.

### **Evelyn Jackson**

Center for Health Statistics

from Wayne Daugherty

Texas

### **Peggy Lassiter**

Public Health Area 6

from Elana Parker Merriweather

Montgomery, Ala.

### **Jennifer McNeel, L.B.S.W.**

Case Management Billing Liaison

from Meredith Adams

Montgomery, Ala.

### **Linda Owens**

Geneva County Health Department

from Cyndi Tereszkievicz, BS, REHS

Montgomery, Ala.

### **Jennifer Owes**

Communicable Disease

from Renae Carpenter, LICSW, PIP

Montgomery, Ala.

### **Delano Williams**

Center for Health Statistics

from VaNessa Young

Elyria, Ohio

### **LaShunda Williams**

Center for Health Statistics

from Marilyn Cook

Baltimore, Md.

Hurb Roberts

Tallahassee, Fla.

## iChoices Wellness Team Offers New Options

The iChoices Wellness Team sponsored an opportunity in the RSA Tower for employees to learn about wellness through music, dance, yoga and meditation. The presenter, T.V. Ramprasadh, internationally reputed artist, presented "Wellness In Our Hands" to Tower employees. He is shown, at right, with Teresa Fair and Vikash Achutaramaiah.





**“We Make A Difference” was the theme of the ADPH Holiday Open House December 12 at the RSA Tower. A chorus from the Bureau of Clinical Laboratories entertained at the afternoon event with Christmas carols with a twist. Singers, shown left to right, are Ashley Megelin, Oscar Williams, Ben Hicks, Charlynda Pierce, Arlene O’Neal and Ashley Hubbard. Sharon Stanford, Microbiologist in the Mycology Lab, provided laboratory specific lyrics for the carols. Donations of toys, nonperishable food items, and pet food and treats were collected to benefit Toys for Tots, the Montgomery Area Food Bank, and the Montgomery Humane Society.**

#### **Wear Red Day, continued from page 5**

“We aren’t just looking to prevent premature deaths, we want to help Alabamians live healthier, more prosperous lives,” said Miller.

*By Will Whatley*



**The Cardiovascular and Diabetes Branch led activities for National Wear Red Day 2017. In addition to holding a news conference broadcast by satellite, employees distributed educational materials to employees in the RSA Tower. Nurse Coordinator Debra Griffin is shown.**



**Employees of the Bureau of Family Health Services (above) and the Center for Health Statistics (CHS) (below) put on their chefs’ hats to raise funds to benefit the State Combined Campaign. In addition to the CHS bake sale, Family Health Services employees prepared a delicious breakfast in the RSA Tower again this year and conducted a silent auction, with all proceeds going to the campaign.**



## Environmental Services Q and A

The following questions were submitted to our website, and answered by employees of the Bureau of Environmental Services.

**INQUIRY:** Do I need a license or permit to perform micropigmentation?

**RESPONSE:** Micropigmentation, semi-permanent and/or permanent cosmetics, is considered a procedure that is regulated under the Alabama State Board of Health Rules for Body Art Practice and Facilities. Therefore, the facility in which it is performed must become licensed and the person performing the procedure must obtain a body art operator permit. There are some structural requirements that the facility must meet before being licensed and the artist performing the actual procedure must complete an approved bloodborne pathogen training course along with some additional requirements before receiving a permit. For more specific information contact your local county health department. An apprenticeship is not required in Alabama.

**INQUIRY:** What are the laws for micro-blading in Alabama? If a person has a tattooing license, does that mean they can perform a micro-blading service?

**Time Capsule, continued from page 4**

"We have made an inventory of the items, in order to allow future generations to know how these objects were used in our daily lives.

**RESPONSE:** Micro-blading is a procedure regulated under the body art rules so, yes, a permitted body art operator can legally perform the procedure. Permits are obtained through the local county health departments.

**INQUIRY:** My question is about bed bugs. I work at different condominiums, and bed bugs are being heard of more often. My question is since each unit is individually owned and has to have a business license, when bed bugs are found why are these units not inspected to be certain the bugs are gone? Why doesn't an infestation have to be reported like a hotel? What are guests supposed to do if they encounter bed bugs other than notify management?

**RESPONSE:** The Food, Milk, and Lodging Division of the Bureau of Environmental Services only provides for the inspection and regulation of hotels, camps, inns, and other facilities that offer rooms for rent for a one-night stay. Since condominiums are considered private dwellings, they would not fall under ADPH rules and regulations. Regarding bed bugs, it would be best to consult with a reputable pest control company in order to eradicate any issue that may arise.

"And with that, I would like to invite everyone back on Monday, January 31, 2067, to help me dig the time capsule back up!"

*By Mark Bryant*

## Calendar of Events



**April 5**  
Scale Back  
Alabama 2017  
Final Event,  
10-10:30 a.m.

For more  
information,  
contact the  
Distance Learning  
and Telehealth  
Division,  
(334) 206-5618.

**April 5-7**  
"A Lifetime of  
Public Health," 61st  
Alabama Public  
Health Association  
Education  
Conference, Hill  
Student Center,  
University of  
Alabama at  
Birmingham.

For more  
information, visit  
[alphassoc.org](http://alphassoc.org).



**May 11**  
Pediatric Asthma  
Update,  
noon-1:30 p.m.

For more  
information,  
contact the Distance  
Learning and  
Telehealth Division,  
(334) 206-5618.



**June 1**  
ADPH Statewide  
Staff Meeting,  
3-4 p.m.

For more  
information,  
contact the Distance  
Learning and  
Telehealth Division,  
(334) 206-5618.



**June 6**  
"Start Talking  
Alabama,"  
1-2:30 p.m.

For more  
information, contact  
Brenda Cummings,  
(334) 206-5364.